

## **1.0 Description of the Service**

Childbirth education prepares the pregnant woman and her support person for the labor and delivery experience. Various breathing relaxation techniques and comfort measures for all phases of labor are demonstrated, as well as opportunities for return demonstration and repeated practice during classes.

## **2.0 Eligible Recipients**

### **2.1 General Provisions**

Medicaid recipients may have service restrictions due to their eligibility category that would make them ineligible for this service.

### **2.2 Limitations**

Pregnant women who receive Medicaid are eligible for this service.

### **2.3 Special Provisions**

Early and Periodic Screening, Diagnostic, and Treatment (EPSDT) is a federal Medicaid requirement that provides recipients under the age of 21 with medically necessary health care to correct or ameliorate a defect, physical or mental illness or a condition identified through a screening examination. While there is no requirement that the service, product or procedure be included in the State Medicaid Plan, it must be listed in the federal law at 42 U.S.C. § 1396d(a). Service limitations on scope, amount or frequency described in this coverage policy do not apply if the product, service or procedure is medically necessary.

The Division of Medical Assistance's policy instructions pertaining to EPSDT are available online at <http://www.dhhs.state.nc.us/dma/prov.htm>.

## **3.0 When the Service is Covered**

Childbirth education is covered during the pregnancy.

## **4.0 When the Service is Not Covered**

Childbirth education is not covered when the criteria listed above are not met.

## **5.0 Requirements for and Limitations on Coverage**

Childbirth education includes a series of four classes, which meet for two hours each, for a total of eight hours of instruction. The classes must be based on a written curriculum that outlines course objectives and the specific content covered in each class. Instructions include, but are not limited to:

- important aspects of prenatal care, including danger signs
- signs of preterm labor
- preparation for labor and delivery
- breathing, relaxation, and other comfort measures

Childbirth education classes are usually held in the second half of the pregnancy. They should be held when the support person can attend.

## **6.0 Providers Eligible to Bill for the Service**

Local health departments, physician or medical diagnostic clinics, physicians, and nurse midwives are eligible to provide this service.

### **Staff Qualifications**

If the childbirth educator is not certified, the agency providing this service must assess the educator's qualifications.

## **7.0 Additional Requirements**

### **Documentation**

At a minimum, the client's record must include the following documentation:

1. client's name and date of birth;
2. client's Medicaid identification number (MID);
3. dates of service;
4. plan of treatment/care and outcome;
5. total service time component (ex: 2 hours = 1 unit); and
6. name and title of person performing the service.

## **8.0 Billing Guidelines**

Reimbursement requires compliance with all Medicaid guidelines.

Childbirth education is reimbursed per class. One class = two hours of instruction. Two classes = four hours of instruction. Four classes = eight hours of instruction. The childbirth education provider can only submit claims for reimbursement for classes that the client attends. A maximum of two classes per day may be provided and a maximum of four classes per pregnancy can be billed for reimbursement.

Childbirth education must be billed per date of service.

**8.1 Claim Type**  
CMS-1500 (HCFA-1500)

**8.2 Diagnosis Codes That Support Medical Necessity**

- V22.0 Supervision of normal first pregnancy
- V22.1 Supervision of other normal pregnancy
- V22.2 Pregnant state, incidental
- V23.0 Pregnancy with history of infertility
- V23.1 Pregnancy with history of trophoblastic disease
- V23.2 Pregnancy with history of abortion
- V23.3 Grand multiparity
- V23.4 Pregnancy with other poor obstetric history
- V23.5 Pregnancy with other poor reproductive history
- V23.7 Insufficient prenatal care
- V23.81 Elderly primigravida
- V23.82 Elderly multigravida
- V23.83 Young primigravida
- V23.84 Young multigravida
- V23.89 Other high-risk pregnancy
- V23.9 Unspecified high-risk pregnancy

**8.3 Procedure Code(s)**  
HCPCS code S9442 – Birthing classes, non-physician provider, per session

**8.4 Reimbursement Rate**  
Providers must bill their usual and customary charges.

**9.0 Policy Implementation/Revision Information**

**Original Effective Date:** October 1, 2002

**Revision Information:**

Date	Section Revised	Change
9/1/05	Section 2.0	A special provision related to EPSDT was added.
9/1/05	Section 8.0	Text stating that providers must comply with Medicaid guidelines was added to Section 8.0.
12/1/05	Section 2.3	The web address for DMA's EDPST policy instructions was added to this section.